

♥ The Heart Facts ♥

- ♥ Heart disease is the #1 killer of American women.
- ♥ Heart disease can permanently damage your heart—and your life.
- ♥ Heart disease is a "**now**" problem, "**later**" may be too late.

What Is Heart Disease?

- ♥ Coronary heart disease affects the arteries of the heart. The Heart doesn't get enough nutrient-rich blood.
- ♥ Heart disease is chronic, it develops over years.
- ♥ Atherosclerosis is the condition where arteries harden as cholesterol, fat, and other substances build up in artery walls resulting in blockage that can cause a heart attack.

The Heart Truth

- ♥ Heart Disease worsens if it isn't treated. It leads to disability or death.
- ♥ Heart Disease isn't "fixed" by surgery or procedures, such as bypass and angioplasty.
- ♥ Heart disease can be prevented or controlled.
- ♥ Treatment includes lifestyle changes and, if needed, medication.

Risk Factors

You can control these!!!

- ♥ Smoking
- ♥ High blood pressure
- ♥ High blood cholesterol
- ♥ Overweight/obesity
- ♥ Physical inactivity
- ♥ Diabetes



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The Lower Heart Disease Risk Plan

(Solutions to the “now” to avoid the “later”)

- ♥ **GO!!!** Moderate physical activity, 30 minutes most days of the week
- ♥ Follow a healthful eating plan:
 - Low in saturated fat and cholesterol and moderate in total fat
 - Limit salt and sodium.
 - If you drink alcoholic beverages, have no more than one a day.
- ♥ Maintain a healthy weight.
- ♥ Balance calories taken in with those used up in physical activity.
- ♥ Stop smoking.
- ♥ Manage diabetes.
- ♥ Take medication, if prescribed.

Heart-to-Heart

- ♥ Ask your doctor about your risk of heart disease
- ♥ Make a list of questions **before** your visit, write down or tape record what the says
- ♥ Tell your doctor if you smoke, describe your physical activity
- ♥ Tell your doctor any symptoms you feel

The Heart Attack Warning Signs

- ♥ Chest discomfort
 - Usually in the center of the chest
 - Lasts for more than a few minutes, or goes away and comes back
 - Can feel like uncomfortable pressure, squeezing, fullness, or pain
- ♥ Discomfort in other areas of the upper body, including pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- ♥ Shortness of breath
- ♥ Other symptoms, such as breaking out in a cold sweat, nausea, or light-headedness



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The Heart Attack Survival Plan: ACT IN TIME

- ♥ **Call 9-1-1** within minutes—5 minutes at most.
- ♥ Emergency medical personnel will begin treatment at once.
- ♥ Don't drive yourself to the hospital.
- ♥ Uncertainty is normal—don't be embarrassed by a false alarm.
- ♥ Plan ahead.
- ♥ Learn the warning signs.



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